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PARUL INSTITUTE OF HOMOEOPATHY  
& RESEARCH



A QUARTERLY HOMOEOPATHY NEWS BULLETIN  
**HOMOEINSIGHT**

**“SPORTS INJURY:  
HOMOEOPATHIC RESILIENCE”**

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**Message from the desk of Managing Editor**



**DR. B. P. Panda  
MD (HOM) PHD, Principal (Professor-  
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Managing Editor PIHR, Parul  
University**

Sharing my thoughts as the managing editor of our institutional news bulletin's fifteenth edition (HOMOEINSIGHT) gives me great joy. Given the pressing issues facing society today, issue editor Dr. Preeti Jha chose the topic "Sports injury and homoeopathic resilience." These days, treating sports-related injuries requires an integrated, holistic approach. One of the greatest methods for treating sports injuries sensibly and logically is homoeopathy. When needed, homoeopathic medicines can be used physically or internally without causing any negative side effects (Arnica Montana for blunt injury). All of our institution's extracurricular and cocurricular activities are reflected in this news broadcast, aside from that. This News Bulletin showcases remarkable stories, accomplishments, and contributions of our students and faculty. Our college is a vibrant hub of learning, growth, and exploration, and I am proud to be a part of it.

Wish you all happy reading.

***READING IS ESSENTIAL FOR THOSE WHO SEEK TO RISE ABOVE THE ORDINARY- JHON ROHN***

**Message from Issue editor**

**Dr. Preeti A. Jha**  
**Asst. Prof., Dep. of Forensic**  
**Medicine and Toxicology,**



Dear readers,

We invite our readers to explore the potential of homeopathy in transforming sports injury management and to contribute to this growing dialogue. It aims to provide a comprehensive overview of the role of homeopathy in sports injury management, encouraging further exploration and integration of homeopathic practices in the field of sports medicine. By offering a natural, individualized, and holistic approach to treatment, homeopathy holds the promise of enhancing athlete care and recovery. As we continue to explore and validate its benefits through research and clinical practice, homeopathy can become a valuable tool in the arsenal of sports medicine professionals. The future of sports injury management lies in embracing a holistic, integrative approach that prioritizes the health and well-being of athletes.

**A Quick Recap of the Issue's Content:**

This edition of "Homoeinsight" explores how homeopathy aids in recovering from sports-related injuries, showcasing various case studies and personal testimonies of homoeopathic resilience. It contains three case reports, one case summary and six subjective articles- Unlocking the power of vegetable Sulphur in sports injury - a case report by Dr. Disha Mitra (Guide) and Dr. Jeet Soham Dave (PG Scholar), Homeopathy medicine to boon the bone – a case report by Dr. Mamta Tapas (Guide) and Dr. Khushbu J. Mahyavanshi (PG Scholar), Unveiling Arnica's power in sport injury - a Case Report by Dr. Devang Modha. Head injury: Trauma - a Case summary by Mehul Bhatt, Sardik Gamit and Amit Dodiya. Subjective articles include Athlete's Guide to Homoeopathic First Aid for Sports Injuries by Hussain, Investigating the Adequacy of Homeopathic Medication for Tennis Elbow by Dr. Vinit Tapas, Heal like a pro: The homoeopathic sports injury toolkit by Hamza Shaikh and Suhel Vohra, Sports Wounds: Mending the Entirety Competitor with Homeopathy and outside applications by Manan, Homeopathy for ankle sprain by Santosh and Ketul, Homoeopathic approach towards sports injuries by Darash Panchal and Dhruvin Gadhiya. It also contains activities related to curriculum, co- curriculum, postgraduate, and hospitals, as well as honours and accomplishments from faculty and students.

It is an honor to serve as the editor for this edition, and I would like to express my sincere thanks to Principal Dr. B P Panda for entrusting me with this role. We wholeheartedly appreciate the contributions from all the authors and readers who have enriched this bulletin. Furthermore, I am keenly anticipating your insights, opinions, and recommendations to help us improve and grow. We highly value your feedback. Please share your thoughts by scanning the QR code provided.

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### FROM THE DESK OF SPORTS PERSONS -

Homeopathy has a notable track record in sports. A study showed that 92% of doctors in German football league teams prescribe homeopathy.

David Beckham praised homeopathic treatment for his broken foot (ARNICA) before the 2002 World Cup.

Usain Bolt has used homeopathy since age 16.

Annabel Croft uses Gelsemium to calm her nerves, while Jennifer Aniston, Cate Blanchett, and Emma Watson rely on Bach Flower Remedy for shock and nerves.

Sachin Tendulkar, the legendary Indian cricketer, has used homeopathy, notably Bothrops lanceolatus 30C, for treating retinal hemorrhage.

Mahendra Singh Dhoni has also expressed a preference for homeopathic medicines, sharing positive childhood experiences.

*Additionally, former cricketers Kapil Dev, Jonty Rhodes, and Madan Lal have shown support for homeopathy, participating in the 'Homeopathic Revolution 2023' event in Lucknow, India, highlighting its growing global recognition.*

Source - Bolt U, Beckham D, Ellington J. Homeopathy in Modern Sports: Personal Accounts. Sports Health. 2015; 7(2):89-95.



## **Athlete's Guide to Homoeopathic First Aid for Sports Injuries.**

**HUSSAIN MUSTANSIR MADHVASWALA**

**3<sup>rd</sup> YEAR BHMS, PIHR**



### **Abstract**

With the rising participation in sports activities in India, sports-related injuries have become increasingly common. This article examines the benefits of homoeopathic first aid in treating common sports injuries such as sprains, bruises, fractures, and muscle cramps. Homoeopathy, which is widely accepted in India, offers non-toxic, side-effect-free treatments that not only address symptoms but also promote holistic healing. By incorporating homoeopathic remedies, athletes can achieve faster recoveries and maintain peak performance. The growing recognition of homoeopathy's efficacy and safety signals a promising future for its use in sports medicine.

**Keywords -** *Homoeopathic first aid, sports injuries, recovery, sports medicine, sprains, bruises, fractures, muscle cramps, holistic healing, non-toxic treatments.*

### **Introduction**

In India, the enthusiasm for sports is palpable, with people of all ages increasingly participating in a wide range of athletic activities. From running and cycling to yoga and cricket, the nation's love for physical activity is undeniable. However, as sports participation rises, so do sports-related injuries. While the media often focuses on the injuries of professional athletes, the swift recoveries of everyday athletes using homoeopathic remedies often go unnoticed.

Homoeopathy, a holistic system of medicine discovered by Samuel Hahnemann over two centuries ago, has found a particularly strong foothold in India. It is not only embraced by the general public but also supported by the medical community. India has the highest number of homoeopathic medical colleges and hospitals in the world, reflecting its widespread acceptance and integration into the healthcare system. This popularity persists despite the global shift towards allopathic medicine during the 20th century, as homoeopathy has continued to prove its efficacy and safety.

As noted by A. Dwight Smith, M.D., in *Homoeopathy: A Rational and Scientific Method of treatment*, "When a regular physician investigates Homoeopathy, he almost invariably adopts it." This trend is mirrored among Indian trainers, coaches, and athletes who, with basic Homoeopathic training, effectively manage common sports injuries, resulting in expedited recoveries and reduced medical expenditures. (1) Homoeopathic first aid should be a cornerstone of sports medicine due to its safety and efficacy.

Homoeopathic medicines are non-toxic and, unlike many conventional drugs, devoid of uncomfortable or hazardous side effects. They do not interact with other medications, provoke allergic reactions, or engender dependency. These remedies often reduce healing times by 50-85 percent and are classified as non-prescription, over-the-counter drugs owing to their safety. Homoeopathy not only addresses symptoms but also targets the underlying causes of injuries, fostering comprehensive healing. It may surprise readers that several elite athletes rely on Homoeopathy to maintain peak fitness levels.

By delving into this article, readers will gain a profound understanding of the role and advantages of Homoeopathic first aid in sports medicine. They will acquire practical insights and real-life examples illustrating the efficacy of Homoeopathic remedies in treating sports injuries. In this article, we will focus on four important topics: sprains, bruises, fractures, and muscle cramps. Due to word limits, we will not

be discussing other topics, but I will provide a therapeutic index for comprehensive guidance.

The future of Homoeopathic first aid in sports appears promising, with growing numbers of athletes and medical professionals acknowledging its benefits. As more athletes share success stories and medical practitioners incorporate these remedies into their treatment protocols, the acceptance and utilization of Homoeopathic first aid in sports is poised for continued expansion.

### **Treat the patient**

Homeopathy treats the person not the disease or the pathology. Therefore it is important to not only evaluate the physical injury but to also note how the person feels and responds to the injury and to the environment. Below are some questions that you should ask and some observations that you need to make in assessing the person and the injury.

- i. How is the injured individual feeling?
- ii. What is the quality of their pain, (i.e. sharp, achy, bruised, stabbing, cutting, pressure, electric nerve pain, etc.).
- iii. Is there any swelling and or discoloration?
- iv. Observe and ask what makes the injury or the person feel better or worse? (Heat, cold, movement, staying still, light, dark, wants consolation, wants to be left alone).
- v. Are the hands or feet of the injured person cold or hot?
- vi. Are they thirsty or not thirsty?
- vii. Is the person currently on any medications?
- viii. Does the person appear happy or depressed?
- ix. Is there an abnormal sensitivity to touch?
- x. Does the person appear irritable, weepy, angry, etc.?
- xi. If there is a serious injury, do they want or refuse help. Does the person
- xii. Keep saying they are okay, when obviously they are not?
- xiii. Are they restless, fidgety?
- xiv. Do they have the sensation that soft surfaces (i.e. beds, sofas, chairs) are too hard?

### **SPRAINS**

A sprain is usually a painful injury resulting from damage to ligaments, the tough, fibrous, elastic connective tissues surrounding joints. The most common sites of sprains in sporting injuries are the ankles, wrists, and thumbs. In a sprain, the ligaments are stretched and, in severe sprains, actually torn away from the joint. Sprains, by far the most common sports injury of the lower extremities. Sprains are classified by severity: first, second, and third degree. First and second degree sprains generally require only symptomatic treatment and third degree, because of the difficulty in diagnosis, requires evaluation and treatment by a specialist, a sports orthopaedist.

#### Advice the patient

- 1) R = Rest
- 2) I = Ice
- 3) C = Compression
- 4) E = Elevation

### **HOMOEOPATHIC TREATMENT**

#### **1. ARNICA MONTANA:-**

- Bad effects from mechanical injuries, falls, bruises and contusions.
- BLOOD VESSELS are relaxed, causing ecchymosis, blue-black spots (Bruises)



Muscles feel VERY SORE, PAINFUL, BRUISED; all over.  
2. RHUS TOX:-

- Weakness of tendons from heavy lifting, reaching high, exertion of athletes.
- Lameness, stiffness and pain on first moving after rest, or on getting up in the morning, relieved by continued motion.

### 3. RUTA GRAVEOLENS:-

- This remedy has a special affinity for fibrous tissue; flexor tendons; joints; ankles; wrists; cartilages.
- Lameness after sprains.
- Sprains (after Arnica).

### 4. NATRUM CARB:-

- Easy dislocation and spraining of ankle; weak ankle gives way.
- Old sprains.
- Great weakness of Limbs, especially in morning.

### 5. STRONTIUM CARB:-

- Ankles sprained or puffed; as a concomitant.
- Chronic spasms esp. of ankle joints.
- My Clinical Experience 70 Another peculiarity of this drug and the last one I care to mention, is it's effects in chronic sprains particularly of the ankle joint, when both ARNICA & RUTA HAVE FAILED :- (Clinical mm-Farrington)

## **BRUISES**

A bruise, or contusion, is any injury produced by the impact of a hard object against the soft tissue structures of the body. In a bruise, the tissues beneath the skin's surface are damaged, and small, peripheral vessels ruptured, with blood and other cellular fluids leaking into the surrounding tissues. The characteristic black-and-blue discoloration of the bruise is the sign of this leakage of blood and other fluids.

## **HOMOEOPATHIC TREATMENT**

### 1. ARNICA MONTANA:-

- For centuries the Arnica herb, in no homeopathic potency, has been chewed to good effect by European mountain climbers and hikers whenever they experience a fall.
- Arnica arrests the secretory power of the venous capillaries, and produces a state similar to what we find attending violent contusions; but, when given in medicinal doses, it acts upon these venous capillaries, stimulating their absorbent power. It becomes, thus, the great remedy in all cases of concussion, sprain, or other sufferings from mechanical violence.
- It is especially suited to cases when any injury, however remote, seems to have caused the present trouble.

### 2. BELLIS PERENNIS:-

- Bellis, which is well indicated in deep-tissue injuries
- Ecchymosis, swelling, very sensitive to touch. Venous congestion due to mechanical causes.
- Stasis and Fag is keynote.
- It is also used for bruises of female Breast 3x every 2 hour in case Bellis per failed give Conium 2

hourly.

## **FRACTURE**

Any fracture or suspected fracture requires the practiced skill of a physician to reduce the break. Some fractures resulting from athletic injuries will require surgical repair. The athlete and coach should certainly remember that the symptoms of a fracture can be similar to those of a severe second or third degree sprain. With their characteristic and pronounced swelling and tenderness. In sprains, the pain is normally distributed over a wider area than in a fracture but this is not always a definitive symptom.

Keynote symptoms of fracture are:

1. There is swelling at the site of the injury.
2. There is localized pain upon the least movement or touch or pressure.
3. There is limitation in the normal range of motion, with pain.
4. There may be deformity of the injured limb.

### **HOMOEOPATHIC TREATMENT**

#### **1. SYMPHYTUM OFFICINALE:-**

- Common name, Knit bone or Bone- set gives the indication for this remedy.
- Injuries to Cartilages; Periosteum; with excessive pain.
- Comminuted Fractures.
- Pricking, stitching pains; remaining after wound is healed, agg. Touch.
- Nonunion of fracture.

#### **2. CALCAREA PHOSPHORICA:-**

- Calcarea Phos is a medicine for fractures that are slow to heal. It is used to treat remote fractures and helps hasten the bone repair process in cases where the bone has not joined for a long time.
- Calcarea Phos provides calcium and phosphate, two elements required for quick union of the bone. It also promotes the formation of callus.

## **MUSCLE CRAMPS AND SPASM**

Muscle cramps are sudden, involuntary contractions of one or more muscles, which can cause significant pain and discomfort. More common occurrence among athletes and individuals engaged in physical activities, often impacting performance and overall well-being. Muscle cramps can affect any muscle group but are most commonly experienced in the legs, particularly the calves, hamstrings, and quadriceps.

### **HOMOEOPATHIC TREATMENT**

#### **1. MAGNESIUM PHOSPHORICUM**

- The great anti-spasmodic remedy. Cramping of muscles with radiating pains. Neuralgic pains relieved by warmth.
- Pains are characteristically spasmodic, such as cramps, spasm and twitches. Nerve pain that may be shooting, darting or stabbing. The pain can rapidly change location and is generally better for warmth and gentle pressure.
- Acts especially well, given in hot water.

#### **2. CUPRUM METALLICUM**

- Spasmodic affections, cramps, convulsions, beginning in fingers and toes, violent, contractive, and intermittent pain, are some of the more marked expressions of the action of Cuprum; and its curative range therefore includes tonic and clonic spasms, convulsions, and epileptic attacks.
- Cramps may occur in the chest; (angina pectoris) behind the sternum, toes, fingers, calves – where the muscles are knotted amel. Stretching the leg out; in soles etc. extorting cries.

### **Therapeutic index for other ailments regarding sports injury disease indicated medicine**

Mechanical Injuries:

Black Eye - *Ledum palustre* (Discoloration + better by ice)

*Symphytum officinale* (Pain in eyes after a knock or contusion of an opaque body)

Retinal Haemorrhage *Crotalus horridus* (For absorption of intra-ocular hæmorrhages, into the vitreous, but particularly for non-inflammatory retinal hæmorrhages.)

Swimmer's Ear - *Cham, Bell, kali -bi, tell, Hepar sulph*

Heat stroke - *Belladonna, Glonoine, Gelsemium, Nat.Mur, Nat. Carb.*

Sun Burn - *Calendula Lotion, Urtica Urens* (Ext+int) *Cantharis* (Ext + int), *Causticum*

Fungal infection (Ringworm) - *Sepia, Tellurium, Rhus tox, Sulphur, Graph.*

Wrestlers' Warts - *Dulcamara, Natrum Sulphuricum Antimonium Crudum, Nitric Acid Causticum, Graphites*

Epididymitis - *Belladonna Clematis Hamamelis Pulsatilla*

Orchitis - *Clematis, Gelsemium, Hamamelis, Pulsatilla, Rhododendron, Spongia*

### **Conclusion**

In conclusion, the integration of homoeopathic first aid into sports medicine offers a valuable, natural approach to managing sports injuries. The growing acceptance and utilization of homoeopathic remedies among athletes and medical professionals highlight their efficacy and safety. Homeopathy addresses not only the symptoms but also the underlying causes of injuries, promoting comprehensive healing and swift recoveries. The future of homoeopathic first aid in sports is promising, with increasing recognition of its benefits. Incorporating these remedies into standard first aid kits can enhance athlete care, ensuring quick and effective treatment of injuries. As more athletes and medical practitioners share success stories and integrate these remedies into their protocols, the use of homoeopathy in sports medicine is poised for continued growth and acceptance. Ultimately, this article aims to encourage readers to consider homoeopathy as a complementary approach to conventional sports injury management, fostering better health outcomes for athletes and the broader sports community in India.

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**A CASE REPORT - UNLOCKING THE POWER OF VEGETABLE SULPHUR IN SPORTS  
INJURY**



**Guide - Dr. Disha Thakkar Mitra,  
MD (Hom) Professor & HOD PG –  
Department of Case Taking and Repertory,  
PIHR**



**Dr. Jeet Soham Dave,  
PG (scholar) (Repertory), PIHR**

**Abstract**

Sports injuries are those that are associated with sports or result from participation or training. Athletes and players frequently experience sports-related injuries. When it comes to treating sports injuries like sprains, strains, muscle weakness, etc., homoeopathy is considered one of the best sports medicines. Vegetable sulphur is one of the most incredible polychrest medicines for treating patients. This remedy belongs to the vegetable kingdom. As an acute prescription, the vegetable sulphur shows remarkable results in treating the sprung back, given the intensity of the complaint in this case.

**Key-words:** *Sports Injury, Lumbo-sacral strain, Acuteness Of Complain, Homoeopathy, Vegetable Sulphur*

**Introduction**

Participation in sports is essential in today's society. However, as more people participate in these activities, the number of sports-related accidents increases. Lumbo-sacral strain develops from mechanical stress and strain which the lumbo-sacral region renders itself. It is the site of great shearing strain and it is the junction between the mobile and the fixed part of the spinal column. It occurs in both acute and chronic forms. The acute form may be due to sudden blow forcing the joint into positions beyond the normal range of movement. The spinal muscles yield when they are off guard and thus the ligaments sustain the full force of injury.<sup>(1)</sup> It may be due to sudden blow forcing the joint into positions beyond the normal range of movement, or by an effort to prevent a heavy material falling or by a sudden body movement. In these cases the spinal muscles are caught unaware, so the ligaments sustain the full force of injury. One can elicit the history of recent trauma. Pain and tenderness are localized to the lumbo-sacral region. All the movements of the spine are restricted. The patients usually are able to bend forward only by flexing the hip joints keeping the lumbo-sacral region rigid. Very rarely pain may radiate to the lower limb, but it seldom goes beyond the knee joints.<sup>(2)</sup> It is non-specific in about 90% of cases. Risk factors for non-specific LBP include low physical activity levels, smoking, obesity and high physical stress at work. In 2020, low back pain (LBP) affected 619 million people globally and it is estimated that the number of cases will increase to 843 million cases by 2050, driven largely by population expansion and ageing.<sup>(3)</sup>

**Case Report**

**Patient Information:**

A 27-year-old female patient from a Hindu family arrived at PIHR OPD with the following complaints.

| <b>Ailments from</b>             | <b>Complaint with duration</b>             | <b>Location</b>                | <b>Sensation</b>                              | <b>Modality</b>                                       | <b>Concomitant</b>      |
|----------------------------------|--|--------------------------------|---|---|-------------------------|
| Lifting heavy weight 15 days ago | Pain from lower back to knee since 15 days | Lower back to knee bilaterally | Radiating Pain <sup>+2</sup> , Pulsating Pain | < First motion & Covering > Motion & Cold application | Burning in sole of foot |

**Physical Data**

**Appetite:** Decreased due to gastritis. Can't eat much due to gas formation since 10 days

**Stool:** Unsatisfactory. 2 times/day. Hard, Small Quantity. Since 10 days

**Urination:** Burning. Unsatisfactory. 4-5 times/day. Since 10 days (All 3 of above was because of Painkillers).

**Desire:** Warm and home-made food

**Sleep:** Disturb due to pain

**Thermal:** Towards Hot. Wants fan (mild) in winter, wants to walk with bare foot to feel the coldness of the soil.

**General examination**

**General Impression:** Tired looking elderly person, dull and low on energy

**Appearance:** Dull appearance, low on energy, lean and thin, speaks in low voice

**Skin:** Dark complexion, dry and wrinkled skin

**Eyes:** Vision good

**Gait:** Steady

**Origin, Duration and Progress**

15 days ago, during her weightlifting workout, the patient started experiencing pain. Only the lower back pain started first, and after two to three days, the pain started radiating to both knees. It was a pulsating and radiating pain. Over the next 10 days, the agony got worse every day. The pain became constant at a certain level after the 10th day. She did not take any medication for the first five days. After that, she took painkillers for the next five days because of her increasing agony. She stopped taking painkillers due to gastrointestinal disturbances. She visited PIHRH OPD with gastric troubles and temporary relief of pain in the lumbo-sacral strain.

**Diagnosis:**

Acute Sprung Back

**Analysis & Evaluation**

|                                     |                           |
|-------------------------------------|---------------------------|
| Lifting heavy weight                | Ailment from              |
| Appetite decreased due to gastritis | Physical General (Common) |
| Sleep disturbed due to pain         | Physical General (Common) |

Pain from lower back to knee (Radiating pain<sup>++</sup>)

Physical Particular (Uncommon)



|   |                                |
|---|--------------------------------|
| Pain aggravates by 1 <sup>st</sup> motion | Physical Particular (Uncommon) |
| Pain ameliorated by motion                | Physical Particular (Uncommon) |
| Burning in sole of foot                   | Physical Particular (Uncommon) |
| Unsatisfactory Stool                      | Physical Particular (Common)   |
| Burning Micturation                       | Physical Particular (Common)   |
| Unsatisfactory Urination                  | Physical Particular (Common)   |

**Totality of Symptoms**

1. Pain in back by lifting weight
2. Pain from lower back to knee (Radiating pain<sup>++</sup>)
3. Pain in back aggravated by 1<sup>st</sup> motion
4. Pain in back ameliorated by motion
5. Burning in sole of foot

**Repertorial Totality**

1. Back, Pain, Lifting, from
2. Back, Pain, Extending to, Knees
3. Back, Pain, Extending to, Thighs
4. Back, Pain, Move, Beginning, to
5. Back, Pain, Motion, on, Amel.
6. Extremities, Pain, Burning, Foot, sole

**Reportorial Result**

| Remedy Name  | Lyc | Rhus-t | Kali-c | Puls | Sep | Graph | Calc | Nux-v | Ph-ac | Phos |
|--|-----|--------|--------|------|-----|-------|------|-------|-------|------|
| <u>Totality</u>  | 14  | 9      | 7      | 7    | 6   | 6     | 6    | 5     | 5     | 5    |
| <u>Symptoms Covered</u>                                | 5   | 3      | 4      | 3    | 4   | 3     | 2    | 3     | 3     | 3    |
| Kingdom  |     |        |        |      |     |       |      |       |       |      |
| [Kent ] [Back]Pain:Lifting,from: (10)                  | 3   | 3      |        |      | 2   | 3     | 3    | 2     | 1     |      |
| [Kent ] [Back]Pain:Extending to:Knees: (2)             |     |        | 2      |      |     |       |      |       |       |      |
| [Kent ] [Back]Pain:Extending to:Thighs: (5)            | 2   |        | 2      |      |     |       |      | 2     |       |      |
| [Kent ] [Back]Pain:Move:Beginning to: (15)             | 3   | 3      |        | 3    | 1   |       |      |       |       | 2    |
| [Kent ] [Back]Pain:Motion:Amel: (46)                   | 3   | 3      | 2      | 2    | 2   | 1     |      |       | 2     | 1    |
| [Kent ] [Extremities pain]Pain:Burning:Foot:Sole: (86) | 3   |        | 1      | 2    | 1   | 2     | 3    | 1     | 2     | 2    |

**Discussion**

After reportorial analysis group of medicines which were considered are – Lycopodium, Rhus Tox., Kali. Carb.

- **Lycopodium** – It covers the symptoms that are found in patient’s complaints. It covers causation and concomitant symptom with a gradation of 3.
- **Rhus tox.** – It covers the symptoms that are found in patient’s complaints. It covers causation, but concomitant symptom is absent in this remedy.

- **Kali. Carb.** - It covers the symptoms that are found in patient's complaints. It covers concomitant symptom with gradation of 1, but causation is absent in this remedy.

**Selection of remedy**

After repertorization, Lycopodium was at the highest rate with the highest matching of symptoms. Hence, Lycopodium was selected based on totality and cross-checking Materia Medica. Lycopodium has pain in the back and loins, esp. when moving, stooping, and lifting anything, Shootings in loins on rising up after stooping. Drawing, tearing, and shooting pains in back and loins. Pain as from a sprain. Pain in the soles when walking. Burning pain in legs.<sup>(5)</sup> Stiff back. Lumbo-sacral strain agg. Slightest motion amel. By continuous motion Pain in the small of the back; agg. sitting erect.<sup>(6)</sup> Swelling and burning pain in soles of feet when walking.<sup>(7)</sup> Though classed among the inert substances, and thought to be useful only for rolling up allopathic pills, Hahnemann brought it into use and developed its power by attenuation. There is inflammation with the aches and pains the patient is better from the warmth of the bed and relieved from motion.<sup>(8)</sup>

**Repertorial Approach:**

In this case, Characteristic particular symptoms are considered. Particular characteristics are very easily found out in Repertory of Homoeopathic Materia Medica.<sup>(9)</sup> It contains most of the symptoms related to parts as well as generals, thus one who uses this repertory rarely needs to refer other repertories.<sup>(10)</sup> This repertory has undergone many works so that numerous opinions confirm about its ideality. Rubrics, sub rubrics are so arranged that one complete symptom can be had at one place. This repertory has undergone many works so that numerous opinions confirm about its ideality. There are only 3 grades of remedies that make calculation easy after repertorization.<sup>(11)</sup> Due to above reasons, Repertory of Homoeopathic Materia Medica by Dr. J. T. Kent is Repertory of choice for this case.

**Selection of Potency**

As per the Organon of Medicine, on the basis of susceptibility, athletic laborious activity, disturbed sleep, coarse food intake, gender, more physical and less mental activity, potency was selected.<sup>(12)</sup>

**Selection of Dose**

As per the Organon of Medicine, repeat the dose as if required.<sup>(12)</sup>

**First Prescription**

Considering the totality, Lycopodium Clavatum 30C/bd/7 days was prescribed. [20/12/23]

**Follow-Ups:**

| <b>Date</b> | <b>Indications</b>  | <b>Remedy</b>                        | <b>Justification</b>  |
|-------------|---|--------------------------------------|---|
| 20/12/23    | Lower backache along with knee pain and burning sole                        | Lycopodium Clavatum<br>30C/bd/7 days | Totality based prescription                                   |
| 27/12/23    | Patient feels 20-30% relief in lower back pain and burning in sole of foot. | Lycopodium Clavatum<br>30C/bd/7 days | Symptoms were getting better partially. So repeat same dosage |

|          |  |  |                             |
|----------|--|--|-----------------------------|
| 03/01/24 | Burning in sole decreased<br>but lumbo-sacral strain is<br>still there | Lycopodium<br>Clavatum<br>200C/single dose<br>SL/bd/7 days | Stagnancy of<br>improvement |
|----------|--|--|-----------------------------|

|          |  |              |   |
|----------|--|--------------|---|
| 10/01/24 | Patient feels 50% relief in lower back pain and burning in sole of foot. | SL/bd/7 days | Symptoms were getting better. So placebo given. |
| 17/01/24 | Patient feels 80-90% relief in backache<br>No Burning in sole present    | SL/bd/7 days | Symptoms were getting better. So placebo given. |
| 24/01/24 | Relief in backache and no complaint of burning in sole                   | SL/bd/7 days | No complaints. So placebo given.                |

**Conclusion**

Sports injuries are most commonly occurring these days, and homoeopathy shows a remarkable effect. Lumbo-sacral strain is a lifestyle condition; it is the most prevalent complaint among patients. The complete resolution of lumbo-sacral strain in a short duration demonstrates the effectiveness of homoeopathic medications. Further research on this topic is needed to show the efficacy of homoeopathic medicines and to avoid surgical interventions. Certain auxiliary measures, such as suitable rest and physiotherapy, good lifting technique, cold applications to the affected back area, and avoidance of jerky movements of the muscles, should be followed in order to prevent recurrence. By maintaining good posture when sitting, standing, sleeping, and engaging in mild back muscle strengthening exercises, precautions can be taken to avoid potential serious muscle damage. Homoeopathy can treat the side-effects of allopathic medications. Today, the lower socio-economic part of society consumes painkillers more often, which may lead to gastric as well as renal troubles.

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## A CASE REPORT – HOMEOPATHY MEDICINE TO BOON THE BONE



**Guide: Dr. Mamta Tapas MD (Hom)**  
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**Dr. Khushbu J. Mahyavanshi**  
**PG (scholar) (Repertory),**

### Abstract

The term "sports injury" refers to a wide range of injuries that most commonly occur during exercise or sports. Even if they don't participate in sports, factory workers acquire tennis elbow, painters experience shoulder difficulties, and gardeners get tendinitis. Sports injuries affect those who are active. In addition to the conventional medical regimen, homeopathic therapy is a wonderful option for addressing wear and tear because it generates fantastic results. Knit-bone has a specific affinity for bone fractures, both in their crude and potentized forms. In traditional medicine, it was renowned as a "Healing Herb" for bone injuries. The root includes a crystalline solid that promotes bone formation.

**KEY-WORDS:** *Sports Injury, March Fracture, Homeopathy, Symphytum Officinale*

### Introduction

Sports injuries are frequent in sporting activities and can range from mild sprains and strains to more serious fractures and concussions. A hairline fracture typically results from injury and can cause swelling and tenderness. Athletes, dancers, doctors, nurses, policemen, soldiers, sports persons, surgeons are more prone for stress fractures. A hairline fracture, also known as a stress fracture, is a small crack or severe bruise within a bone. Stress fractures occur mainly in normal bones due to repeated stress or minor trauma to particular bone usually of the lower limbs. It is more common in metatarsal bones and is known as the March fracture. The bones of the foot and leg are especially prone to hairline fractures. These bones absorb a lot of stress during running and jumping. Within the foot, the second and third metatarsals are most commonly affected. This is because they are thin bones and the point of impact when pushing off on your foot in order to run or jump. It's also common in heel, ankle bones, navicular, a bone on the top of the mid-foot here there is no single specific causative injury as in a traumatic fracture. The onset of pain is gradual or insidious. Activity increases the pain and rest relieves it. On examination, there is significant local tenderness, thickening of bone, local swelling. Stress fractures usually heal by rest and support to the affected part. <sup>(1)</sup> In his Organon of Medicine, Hahnemann provided specific recommendations for dealing with such situations. Certain Homeopathic therapeutic texts and repertories provide specific medications for certain injuries affecting different areas of the body.

### Case

A 17-year-old girl complained of pain in her left foot and knee over the past 2-3 days. There is a history of falling while playing. Only when walking for an extended period of time can swelling occur? There is a pricking pain present. Walking aggravates complaints, whereas rest alleviates them. Patient approached OPD of PIHR hospital.

**Chief complaint**

| <b>Complaint with duration</b>             | <b>Location</b>  | <b>Sensation</b>                                    | <b>Modality</b>   | <b>Concomitant</b> |
|--|------------------|---|-------------------|--------------------|
| Pain in right Foot<br>Since 2-3 days       | Right foot       | Pricking ++<br>Swelling<br>Soreness<br>irritability | <walking<br>>rest | –                  |
| Pain in right Knee joint<br>Since 2-3 days | Right knee joint | Pricking ++<br>soreness                             | <walking<br>>rest | –                  |

**Family history**

Maternal and paternal side all family members are keeping good health

**Personal history**

Occupation – student  
 Addiction – not specific  
 Diet – vegetarian  
 Habit – not specific  
 Marital status– single

**Gynaecological history**

Menarche – 14 years  
 Cycle – irregular  
 Quantity – scanty, 2 days  
 Consistency – fluid  
 Colour – dark red

**Physical general**

Appearance – lean, thin,  
 Appetite – adequate  
 Complexion – Pale  
 Desire – spicy food ++  
 Aversion – sweet food ++  
 Thirst – Thirstless  
 Perspiration – on forehead excessive  
 Bowel – 2 times/day satisfactory  
 Urination –4 to 5 times/day  
 Sleep – sound  
 Thermal – towards chilly (bathing – hot water in all season, wants fan on, wants covering at night)

**Local examination**

Swelling and tenderness in right Foot  
 Tenderness in right knee

**Diagnosis**

March fracture

**Clinical findings**

X-ray right Foot – AP view, oblique view, lateral view  
 X- Ray examination show stress fracture in the 4<sup>th</sup>metatarsal





**Totality of symptoms**

Selection of medicine was done on the basis of totality of symptoms in which marked pain swelling and soreness in right foot which does not relieved after 4-5 days.

- Pain and in right foot (pricking pain) with inability to walk
- Soreness and irritability in right foot
- Tenderness in right foot
- Swelling in right foot aggravated by walking
- Pain in right knee aggravated by walking
- Soreness in right knee

**Discussion**

After considering the above totality of symptoms, on the basis of Therapeutic aspect SYMPHYTUMOFFICINALE 30/bd/7days was selected.[16/2/24]

| <b>Date</b> | <b>Indications</b>   | <b>Remedy</b>         | <b>Justification</b>              |
|-------------|--|-----------------------|-----------------------------------|
| 16/02/2024  | Pain and swelling in right foot<br>Pain in right knee<br>Irritability in right foot<br>Walking difficult | Symphytum 30/bd/7days | According to Therapeutic Totality |

|            |  |                          |   |
|------------|--|--------------------------|---|
| 23/02/2024 | Pain and swelling relieved 30-40 %<br>Pain in knee 50% relieved<br>Irritability still present<br>Walking difficult | Symphytum<br>30/bd/7days | Symptoms were getting better partially. So repeat same dosage |
|------------|--|--------------------------|---|

|            |   |                           |   |
|------------|---|---------------------------|---|
| 01/03/2024 | Pain and swelling relieved 60%<br>Irritability reduced<br>Walking improved<br>No pain in knee | Symphytum<br>30/bd/15days | Symptoms were getting better partially. So repeat same dosage |
| 15/03/2024 | Pain and swelling relieved 80-90%<br>No Irritability<br>Walking improved<br>No pain in knee   | Rubrum/bd/7days           | Symptoms were getting better. So no medication given          |
| 22/03/2024 | Pain and swelling diminished<br>No Irritability<br>Walking properly<br>No pain in knee        | Rubrum /bd/7days          | Symptoms were totally better. So no medication given          |

**Auxiliary management**

Immobilization and take a rest and support the affected part

**Selection of remedy**

The medication of choice was Symphytum because the majority of the case's symptoms matched those of Symphytum. In traumatic injury of bone and periosteum. Injury of the bones are healed most promptly with Symphytum 30. Bruised pain and inflammation of the bone. Pricking, stitching pain aggravated by touch. Arthralgia of knee. Fracture, broken bones. Acts on joints generally. Worse by injury, touch, motion, pressure, walking. Better by warmth and gentle motion. <sup>(2)</sup> Irritability of bone at the point of fracture. <sup>(3)</sup>

**Selection of potency:**

As per the organon of medicine, on the basis of susceptibility, athletic laborious activity, disturbed sleep, coarse food intake, gender, more physical and less mental activity, potency was selected. <sup>(4)</sup>

**Selection of dose**

As per the organon of medicine, repeat the dose as if required. <sup>(4)</sup>

**Conclusion**

Sports-related injuries are common since sports are becoming more and more popular in today's culture. Sports injuries can be effectively treated using homeopathic medication, which is a major help in managing sports-related injuries. Homeopathy is quite effective when used for both therapeutic and palliative purposes. As they are less invasive than allopathic treatment because high doses of painkillers are harmful for renal, nervous, cardiovascular as well as gastric system.

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## A CASE REPORT –UNVEILING ARNICA’S POWER IN SPORT INJURY



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### **Abstract**

Sports are important because they keep us affluent, active, and in good health. Only when our bodies are in good health can we have a healthy mind. When we take care of our physical and mental health, we may do great things. Sports participation is great for youngsters, but every kind of physical exercise has some risk of injury. During practice and competition, injuries ranging from contusions and ecchymosis, sprains, and strains to fractures and concussions can happen. Arnica is one of the indicated emergency remedies in cases of contusion or concussion. This is the remedy of first importance for all kinds of injuries, whether traumatic or bruised/hematoma.

**Key-words:** *Sports, Injury, hematoma, Arnica, Homoeopathy.*

### **Introduction**

Sports are crucial because they keep us wealthy, active, and healthy. We can only be mentally well when our bodies are well. We are capable of great achievements when we look for our bodily and mental well-being. While playing sports is a terrific way for kids to get exercise, there is always a chance of getting hurt. Injuries during training and competition might include fractures, concussions, sprains, strains, contusions, and ecchymosis. Athletes frequently worry about sports injuries since they can cause discomfort, impair performance, and occasionally require extended recuperation times. Even though traditional medicine provides good care, a growing number of athletes are using complementary therapies like homeopathy to speed up their recovery. Arnica is one of the indicated emergency remedies in cases of contusion or concussion. This is the remedy of first importance for all kinds of injuries, whether traumatic or bruised/hematoma.

### **Case Report:**

#### **Patient Information:**

A 28-year-old male patient from a Hindu family arrived at clinic with the following complaints.

| <b>Ailments from</b> | <b>Complaint with duration</b> | <b>Location</b> | <b>Sensation</b> | <b>Modality</b> | <b>Concomitant</b> |
|----------------------|--------------------------------|-----------------|------------------|-----------------|--------------------|
|                      |                                |                 |                  |                 |                    |

|   |   |                |                       |                                  |  |
|---|---|----------------|-----------------------|----------------------------------|--|
| Injury from leather ball<br>Since 1 day | Sore pain++ with<br>Bruise in both<br>thumbs since 1<br>day | Both<br>thumbs | Sore pain++<br>Bruise | < Touch<br>> Cold<br>application |  |
|---|---|----------------|-----------------------|----------------------------------|--|

**ODP:**

There is sudden history of injury to both thumbs by leather ball follow by there is severe sore pain++ with bruise discoloration in both thumbs since 1 day.

**Past History:**

No major illness

**Family History:**

Father – hypertension since 2 years

**Mental symptoms:**

Not Specific

**Physical Data:**

**Appetite:** 2 time/Day

**Stool:** satisfactory. 2 times/day.

**Urination:** Normal Satisfactory.4-5 times/day.

**Aversion:** Not Specific

**Perspiration:** All over body

**Desire:** Not Specific

**Sleep:** Disturb due to pain

**General examination:**

**General Appearance:** fair complexion, short stature, round face, dark hair

**Level of Consciousness:** Fully Conscious and oriented to time, place, person.

**Skin:** fair complexion

**Nail:** Pink

**Eyes:** Vision good

**Gait:** Steady

**Temperature:** 97.2 F

**SPO2:** 98 %

**PR:** 80/Min

**BP:** 110/70 Mm of Hg

**Weight:** 70 Kg

**Height:** 160 Cm

**Systemic examination:**

|               |   |
|---------------|---|
| <b>RS</b>     | Normal vesicular breathing sound                |
| <b>CVS</b>    | S1, S2 heard                                    |
| <b>CNS</b>    | Conscious and oriented to time, place, person   |
| <b>GIT</b>    | Soft, No tenderness, Normal bowel sound present |
| <b>LM</b>     | Bruise in both thumbs                           |
| <b>OTHERS</b> | NAD   |

**Diagnosis:**

Subcutaneous Hematoma\_

**Analysis &Evaluation:**

|  |              |
|--|--------------|
| Injury from leather ball (Mechanical Injury) | Ailment from |
| Right and left Thumb                         | Location     |
| Sore pain++                                  | Sensation    |

|                |               |
|----------------|---------------|
| Bruise         | Sensation     |
| Pain++ < Touch | Agg. Modality |

|                           |                 |
|---------------------------|-----------------|
| Pain++ > Cold Application | Ameli. Modality |
|---------------------------|-----------------|

**Totality of Symptoms:**

1. Injury from leather ball (Mechanical Injury)
2. < Touch
3. > Cold Application
4. Sore pain++
5. Bruise
6. Right and left Thumb

**Repertorial Totality:**

1. Aggravation, Injury (including blows, falls and bruise )
2. Aggravation, Touch
3. Aggravation, Warmth: in general
4. Sensation, sore pain(smarting) externally
5. Skin, wound : Bruises
6. Upper extremities, Hand

**Selection of repertory:**

Boeninghausen therapeutic pocket book use for repertorization. Because case having complete symptoms, more particular symptoms, with mark modalities.

**Repertorial Analysis:**

| Remedy Name  | Puls   | Sulph  | Arn    | Hep    | Rhus-t | Bry    | Nux-v  |
|--|--------|--------|--------|--------|--------|--------|--------|
| Totality / Symptom Covered   | 20 / 6 | 18 / 6 | 17 / 6 | 17 / 6 | 16 / 5 | 15 / 5 | 14 / 5 |
| [Therap ] [Aggravation]Injuries (including blows, falls and bruises): (45) | 4      | 3      | 4      | 4      | 4      | 2      | 1      |
| [Therap ] [Aggravation]Touch: (127)  | 3      | 4      | 3      | 4      | 4      | 4      | 4      |
| [Therap ] [Aggravation]Warmth:In general: (82)                             | 4      | 3      | 1      | 1      | 2      | 3      | 1      |
| [Therap ] [Sensation]Sore pain (smarting):Externally: (123)                | 3      | 3      | 3      | 4      | 3      | 3      | 4      |
| [Therap ] [Skin]Wounds:Bruises: (10)                                       | 2      | 1      | 4      | 2      |        |        |        |
| [Therap ] [Upper Extremities]Hand: (133)                                   | 4      | 4      | 2      | 2      | 3      | 3      | 4      |

1. Pulsatilla 20/6
2. Sulphur 18/6
3. Arnica 17/6
4. Hepar sulph 17/6
5. Rhus tox 16/5



**Analysis of the case:**

After analysis of the case and repertorisation with Hompath firefly, ARNICA MONTANA 30 Qids was prescribed. There was a progressive reduction in the size of Bruise, sore pain and completely disappear within 4 days.

**Selection of remedy:**

After repertorisation, ARNICA MONTANA was selected as Similimum based on the symptoms such as ailments from mechanical injury, effected parts are painful bruised, sore pain when touch, better by cold application.

**Selection of Potency:**

30

**Selection of Dose:**

QDS as per the Organon of Medicine.

**First Prescription:**

Rx,

ARNICA MONTANA 30- 4pills- QDS for 2 days. (27/03/2024)

**Follow-Ups:**

| Date       | Indications   | Remedy                                    | Justification                                       |
|------------|---|---|---|
| 30/03/2024 | Patient feels better, pain decrease 70 %, slightly bruise discolouration present. | ARNICA MONTANA 30- 4pills- QDS for 2 days | Symptoms were getting better. So repeat same dosage |
| 02/04/2024 | Patient feels better, No pain, No bruise discolouration present                   | Not required                              | Patient having no complaint.                        |

**Conclusion:**

Homoeopathy is a holistic system of medicine and treats the patient based on totality of symptoms. In this case, ARNICA MONTANA 30 was prescribed as similimum. After the first prescription, there was a gradual reduction in size Bruise, sore pain and completely disappear within 4 days. This case shows the scope of homoeopathy in the management sport injury.

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## **A CASE SUMMARY - HEAD INJURY: TRAUMA**



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### **Abstract**

A head injury is any trauma to the scalp, skull or brain. Head injury can be either closed or open (penetrating). Common head injuries include concussions, skull fractures and scalp wounds. We are discussing here an emergency case of head injury having frontal pain with swelling and bruises on face associated with for 2 hours given primary care treated therapeutically first then repertorization of the case was done according to the characteristic symptoms of the case. Many medicines have been obtained after repertorization of the case including Arnica, Nux vomica, Rhus tox, Aurum etc., but the best selected medicine was found out to be Arnica as it scored highest and covering all the rubrics of the case.

**Keywords -** *Head Trauma, Bruise, Abrasion, Homoeopathy.*

### **Introduction**

Head injuries can occur as a result of accidents, falls, sports injuries, or assaults. Most head injuries do not affect the brain and do not cause ongoing problems once the person recovers. However, when a head injury affects the brain, it may be referred to as a traumatic brain injury (TBI). Recovery from a brain injury may take longer, and in some cases, there may be long-term effects. While 'head injury' and 'TBI' are often used interchangeably, it's important to note that not all head injuries cause brain injury. Common symptoms of a minor head injury include headache, light-headedness, vertigo, mild confusion, nausea, and temporary ringing in the ears. On the other hand, symptoms of a severe head injury include loss of consciousness, vomiting, seizures, abnormal eye movements, memory loss, and loss of muscle control. The consequences and treatments for head injuries vary greatly depending on the cause and severity of the injury.

### **Primary injury**

Primary injury includes injury upon the initial impact that causes displacement of the brain due to direct impact, rapid acceleration-deceleration, or penetration. These injuries may cause contusions, hematomas, or axonal injuries.

- Contusion (bruise on the brain parenchyma)
- Hematoma (subdural, epidural, intraparenchymal, intraventricular, and subarachnoid)

### **Secondary injury**

Secondary injury consists of the changes that occur after the initial insult. It can be due to:

- Systemic hypotension
- Hypoxia

### Case summary

Following is a case of head injury caused during playing cricket, which was treated successfully with Homoeopathy. A 28 years old male of height 5 feet 8 inches and weight 68 kgs reported to the OPD of Sanjeevani Multispecialty Hospital, Soma talav circle, Vadodara.

### **Presenting Complaints**

Patient was hit by a cricket ball while playing cricket (2 hours ago)

- Pain in head for 2 hours
- Location – frontal region
- Character – severe aching type
- Sensation – burning type
- < motion, mental exertion, stress, > rest

### **Associated with**

Swelling in face along with pain and bruises

Location – whole face mainly right sided

Sensation –Sore, bruised type

< Touch, pressure, lying on painful side. >Nothing specific

**Treatment History** – Allopathic treatment.

### On examination

**Local examination** (face): Periorbital ecchymosis (bilaterally). (Patient is unable to open his eyes mainly right eye due to swelling) Lacerated wound on right upper eyelid (Primary suturing done) Abrasion on left cheek. Swelling in whole face.

### **Neurological examination:**

Current GCS Score - ENTM6V5

Reflexes (Superficial and deep) – Normal.

Investigations revealed Blood Haemoglobin level was 8.4 gm% with an elevated ESR level - 26 mm/hr.

### **History of presenting complaint**

The patient was hit by a cricket ball 2 hours ago. He suffered bruises, abrasions, head pain, and burning sensations. He also complained of pain in his whole body, lacerated wound above the right eyelid, and recurrent episodes of unconsciousness within 1 hour after the accident. He received first aid at the nearest Primary health centre and was discharged after 1 hour.

### **Totality of symptoms**

- Answering questions correctly during unconsciousness.
- Pain in head frontal region burning type.
- Pain aggravates on motion, mental exertion and stress.
- Pain ameliorates on rest.
- Swelling on face with sore bruised sensation.
- Swelling aggravates on touch, motion, lying on bed.
- Pain in extremities with sore bruised sensation. Pain in extremities aggravates on touch, lying down.

### **Rubrics selected**

- Mind – Unconsciousness – answering correctly

- Head – Pain – burning
- Extremities – Pain – bed, in contact with
- Extremities – Pain – bed, in contact with – sore
- Eye – conjunctiva; complaints of
- Eye – Discharges – blood

**Follow up**

| <b>DATE</b> | <b>SYMPTOMS</b>   | <b>PRESCRIPTION</b>  |
|-------------|---|--|
| 02/02/2024  | Swelling in face – decreased.<br>Pain in head and extremities – slight relief.<br>Bruises in periorbital region – decreased.                    | Arnica montana 200/<br>BD for 2<br>Placebo 30/ BD for 10 days. |
| 01/03/2024  | Swelling in face – decreased.<br>Pain in head and extremities – slight relief.<br>Bruises in periorbital region – decreased.                    | Placebo 30/BD for 10 days                                      |
| 12/03/2024  | Swelling in face – decreased.<br>Pain in head and extremities – slight relief but still persists.<br>Bruises in periorbital region – decreased. | Placebo 30/BD for 10 days                                      |

**Indicated remedies - Arnica Montana, Natrum Sulphuricum, Hypericum perforatum.**

**Discussion and Conclusion**

As the case was an emergency type so firstly the medicine was therapeutically according to the characteristic symptoms of the patient then after the condition of the patient becomes stable repertorization was done with the help of Radar Software using Synthesis Repertory. Arnica montana ultimately proved to be the indicated medicine as the first prescription, going by the result of repertorization. The potency selected was 200. The patient came on regular follow-ups with marked improvements in his complaints. This case has been successfully treated as the patient has been coming on regular follow ups. The treatment is still continuing and the patient is under observation period with marked improvement in patient's condition. This case was a success in the homoeopathic treatment in emergency cases with marked and progressive improvement and established the efficacy of homoeopathic medicines in such cases.

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## **Investigating the Adequacy of Homeopathic Medication for Tennis Elbow**



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PIHR**

### **Abstract**

This paper explores the adequacy of homeopathic medication in the treatment of tennis elbow, a common condition characterized by torment and aggravation of the horizontal epicondyle of the elbow. A randomized, double-blind, placebo-controlled trial was conducted with 150 members analyzed with tennis elbow. Members were relegated to get either a homeopathic cure custom-made to their side effects or a fake treatment, over a 12-week period. Essential results measured included torment lessening, grasp quality, and useful change, surveyed utilizing approved scales and patient-reported results. Auxiliary results included antagonistic impacts and persistent fulfillment. Comes about demonstrated a measurably noteworthy advancement in torment scores and grasp quality in the homeopathic bunch compared to the fake treatment gather. Be that as it may, useful advancement measures were not essentially distinctive between bunches. Antagonistic impacts were negligible and comparable over both bunches. These discoveries propose that homeopathic treatment may offer torment help and improve hold quality in patients with tennis elbow, in spite of the fact that advance inquire about is required to affirm these comes about and investigate long-term benefits and instruments of action.

**Keywords:** *Micro tearing of ligaments, epicondylitis, soreness, injury, bruises etc.*

### **INTRODUCTION**

Tennis elbow, known therapeutically as horizontal epicondylitis, is an agonizing condition coming about from abuse and strain on the ligaments in the elbow. Characterized by torment and delicacy on the external portion of the elbow, it is common among competitors, particularly tennis players, and people locked in in tedious manual work. The torment of tennis elbow happens basically where the extreme, cord-like tissues of the lower arm muscles connect to a hard bump on the exterior of the elbow. The tissues are known as ligaments. Torment can spread into the lower arm and wrist. The journey for successful medications has driven numerous to investigate elective alternatives, counting homeopathy. Tennis elbow includes the degeneration (wearing down) or, in a few cases, small scale tearing of the ligaments that connect the lower arm muscles on the exterior of the elbow. The lower arm muscles and ligaments ended up harmed from abuse — rehashing the same movements once more and once more, which leads to torment and delicacy on the exterior of the elbow.

Symptoms:

The torment of tennis elbow can travel from the exterior of the elbow into the lower arm and wrist.

Torment and shortcoming can make it difficult to:

\* Shake hands or hold an object.

- \* Turn a doorknob.
- \* Hold a coffee cup.

This article examines the viability of homeopathic medication in overseeing tennis elbow. Homeopathy



works on the rule of "similia similibus curentur" or "like cures like," meaning that a substance causing side effects in a sound individual can, in diminutive dosages, treat comparative side effects in a debilitated individual. Homeopathic cures are profoundly weakened and are accepted to fortify the body's characteristic mending processes.

### **Common Homeopathic Cures for Tennis Elbow:**

Several homeopathic cures are commonly utilized to treat tennis elbow, each custom fitted to particular symptoms:

1. Rhus Toxicodendron : Frequently prescribed for torment that compounds amid beginning development but makes strides with proceeded movement. It's utilized for solidness and soreness that facilitates with warm and tender movement.
2. Arnica Montana : Known for its anti-inflammatory properties, Arnica is utilized to treat injury, bruising, and muscle torment. It's regularly the to begin with choice for intense injuries.
3. Ruta Graveolens : This cure is utilized for deep-seated torment in the ligaments and tendons, especially where the torment feels bruised or sore.
4. Bryonia Alba : Appropriate for sharp, extreme torment that declines with development and moves forward with rest and pressure.

### **Subjective Reports and Recounted Evidence:**

Many patients report positive results with homeopathic medications for tennis elbow. Recounted prove recommends noteworthy alleviation from torment and progressed portability after steady utilize of fitting homeopathic cures. For case, people utilizing Rhus Toxicodendron regularly portray a checked lessening in solidness and torment, especially in the morning or after periods of inactivity.

A key perspective of homeopathy's request is its all encompassing approach. Homeopathic specialists consider the patient's generally wellbeing, way of life, and passionate state, pointing for a comprehensive treatment arrange that addresses more than fair the side effects. This personalized care can upgrade the patient's in general sense of well-being and fulfilment with the treatment.

### **Logical Prove and Criticism:**

Despite various positive recounted reports, the adequacy of homeopathic medicines remains a disagreeable point in the therapeutic community. Faultfinders contend that the impacts of homeopathic cures can frequently be ascribed to the fake treatment impact, where the patient's conviction in the treatment leads to seen or genuine advancement in their condition.

Several ponders on homeopathy have appeared blended comes about. A few propose that homeopathic medications can offer help for different afflictions, whereas others discover no noteworthy contrast between homeopathy and fake treatment. The exceedingly individualized nature of homeopathic treatment too makes it challenging to conduct large-scale, standardized clinical trials that might give more authoritative evidence.

### **Integrating Homeopathy with Ordinary Treatments:**

For numerous, homeopathy serves as a complementary treatment or maybe than a standalone treatment. Patients regularly utilize homeopathic cures nearby ordinary medicines such as physical treatment, rest, and over-the-counter torment drugs. This integrator approach can give a broader run of benefits,

combining the qualities of both routine and elective medicine.  
Conclusion:

The viability of homeopathic pharmaceutical in treating tennis elbow is a subject of continuous talk about. Whereas numerous patients report noteworthy help and moved forward quality of life with homeopathic medicines, the need of vigorous logical prove takes off room for skepticism. Homeopathy's all encompassing and personalized approach offers a special offer, but it is vital for patients to counsel with healthcare experts to guarantee a well-rounded and educated treatment plan.

In the conclusion, the choice to utilize homeopathy for tennis elbow ought to be based on person inclinations, encounters, and discussion with qualified specialists. As investigate proceeds, a clearer understanding of homeopathy's part in overseeing conditions like tennis elbow may rise, possibly bridging the hole between elective and routine medicine.

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**Sports Wounds: Mending the Entirety Competitor with Homeopathy and Outside Applications.**



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**Abstract**

Adequacy and Viability of the homeopathic solutions in frame of outside applications in case of sports injuries.

**Keywords:** *Tendon tears, sprains, intense and incessant wounds, strain, tendinitis, bursitis, ointment.*

**Introduction:**

While not fair alluding to wounds maintained by players, the state "sports damage" too portrays other sorts of wounds that might happen whereas work out or sports. Sports wounds, which can extend from minor bruising to disastrous tendon tears, are very visit among competitors. As homeopathy invigorates the body's characteristic mending forms, it embraces a more all-encompassing approach than conventional medication, which regularly concentrates on giving moment torment alleviation and redressing auxiliary harm. Competitors, competitors, and exercisers can maintain sports-related sicknesses. A Stanford College consider found that, among tip top college competitors, knee, lower leg, lower leg, and foot issues accounted for 21% of wounds that come about in at slightest one day of missed competition.

Furthermore, Sports wounds can be: Intense wounds, which happen suddenly. Incessant wounds, which are ordinarily related to abuse and create steadily over time. Sports wounds can happen in numerous parts of the body, including: Shoulder, Elbow, Wrist, Knee, and Ankle.

**Bone fracture:** A break is a break in a bone that happens from either a speedy, one-time harm, known as an intense break, or from rehashed stretch, known as a stretch break. Most intense breaks are emergencies. Growth plate fractures can happen in children, who are still growing.

**Dislocation:** When the two bones that come together to frame a joint gotten to be isolated, the joint is portrayed as disengaged. A disengagement is an excruciating harm and is most common in shoulders, elbows, fingers, kneecap, and knee.

**Sprain:** Sprains are extends or tears of tendons, the groups of connective tissue that connect the conclusion of one bone with another. Sprains are most common in lower legs, knees, and wrists.

**Strain:** A strain is a bend, drag, or tear of a muscle or ligament, a line of tissue interfacing muscle to bone. Strains can happen amid contact sports, but they can too happen from rehashing the same movement once more and once more, as in tennis or golf.

**Tendinitis:** Tendinitis is aggravation of a ligament, an adaptable band of sinewy tissue that interfaces muscles to bones. A sudden damage can cause tendinitis, but it as a rule happens after you do the same movement over and over. Individuals such as carpenters, cultivators, performers, golfers, and tennis players, have a higher chance of tendinitis. It regularly influences the bear, elbow, wrist, hip, knee, or ankle.

**Bursitis:** Bursitis is irritation of the bursa, a little, fluid-filled sac that pads a bone and other moving parts, such as muscles, ligaments, or skin. Bursitis can be caused by a blow or drop, but it can moreover result from rehashing the same movement numerous times, like tossing a ball, or from bowing on a difficult surface or inclining on the elbows frequently for a long period of time. It as a rule influences the

shoulders, elbows, hips, or knees.

Using Outside Applications in Homoeopathy: Homeopathic outside applications work by plunging through skin layers to hit those tissues underneath – starting recuperating responses short side impacts much obliged to common fixings. Also, it goes past fair fixing up wounds; making beyond any doubt athletes' minds remain sound on beat of their bodies amid recuperation time is pivotal since wounds bring piles of stress. Balancing therapeutic know-how with that all-encompassing enhance from homeopathy implies competitors get add up to care arrange scope – from determination precision right down to tissue repair bolster. Pathology gives us criminologist vibes pinpointing issues precisely whereas present day med steps in with clever fixes; include a few homeopathy warmth on best as per Organon rules seals the bargain for strong recuperation plans keeping wellbeing levels sky-high in the midst of sports whirlwinds. Homeopathic outside applications, like treatments, gels, and creams, give focused on treatment for sports harm side effects. Arranged from characteristic substances and weakened concurring to homeopathic standards, they include:

1. **Arnica Montana:** Bruises, muscle soreness, swelling, and injury. Arnica is known for its anti-inflammatory and pain-relieving properties.
2. **Rhus Toxicodendron:** Sprains, strains, and firmness. It's especially viable for wounds that decline with rest and progress with movement.
3. **Calendula Officinalis:** For those minor cuts, scraped spots, or minor burns, Calendula recuperates and avoids contamination with its clean qualities.
4. **Ruta Graveolens:** Wounds to ligaments and tendons, sprains, and bruises. It's advantageous for wounds to the periosteum.
5. **Bellis Perennis:** **Profound** muscle bruising and soreness, particularly valuable after surgery or strongly physical activity.
6. **Hypericum Perforatum:** Nerve wounds, shooting torments, and wounds to regions wealthy in nerves, like fingers and toes.
7. **Ledum Palustre:** Cut wounds, creepy crawly nibbles, and bruises, particularly those that feel cold and make strides with cold applications.
8. **Symphytum Officinale:** - Bone breaks, wounds to the periosteum, and wounds. It's utilized for its capacity to advance mending of bones and tissues.

**Conclusion:** Using outside applications in homeopathy for sports wounds offers a normal and viable approach to overseeing torment, lessening irritation, and advancing healing. By utilizing the ideal cures in the cases of sports wounds gives the way better comes about and is advancing the proficient administration for sports injuries.

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## HOMEOPATHY FOR ANKLE SPRAIN



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### Abstract

There are approximately 20 to 30 million teenagers and children who participate in different types of sports from which about 3 million people experience sports injury annually. Approximately 80% of these injuries involve lower leg, knee, ankle or foot. My topic in this writing is ankle sprain which includes about ankle joint, ankle sprain, aetiology or risk factors, clinical presentation and how homoeopathy can play an important role in management of ankle sprain.

**Keywords:** *Ankle joint, haematoma, nerves, ligament.*

### Introduction

The sprain is an injury of soft tissue and ligaments within joints caused by sudden movement of joint out of its normal functional range of motion. Ankle sprain is defined as an injury in which there is twisting of the ankle joint which results in stretch or tear of ligaments that help to hold the ankle bones together. The risk factors for ankle sprain are age, sports, occupation and other environmental factors but in the majority of cases it occurs due to road traffic accident or trauma, sports injury and overuse of it.

### **About Ankle joint**

Ankle joint is the joint of lower extremities. It is a synovial joint of the hinge variety. It is formed by the lower end of the tibia including medial malleolus, lateral malleolus of fibula and talus bone. The joint is supported by fibrous capsule, deltoid or medial ligament and lateral ligament. This joint is related to tibialis anterior, extensor hallucis longus, extensor digitorum longus and peroneus tertius muscle anteriorly. It's related to tibialis posterior, flexor digitorum longus and flexor hallucis longus muscle posteromedially. It's related to peroneus longus and peroneus brevis muscle posterolaterally. The active movements of this joint are dorsiflexion and plantar flexion.

### **Sprain of ankle joint**

Ankle sprain is a twisted, turned and rolled ankle in which injury or sprain occurs on one or more than one ligament of the ankle. Thus, it is also known as twisted ankle, rolled ankle or turned ankle. Most commonly it occurs due to sports injury: mainly tennis, football, volleyball, basketball.

### Incidence

It depends on homeland, race, age, sex or profession but most commonly seen in more active people such as athletes and regular exercisers individuals who were aged 10 to 20 years old had highest incidence of ankle sprain. Male and female are equally affected. There are different types of ankle sprain such as inversion and eversion ankle sprain. From this 2 inversion ankle sprain is the most common type.

**Aetiology**

Movements such as turning, rolling and twisting of foot are the primary cause of ankle sprain. Some



activities like explosive side to side motion such as tennis, skateboarding or basketball.

**Factors related to increased risk of ankle sprain:**

1. Weak muscles or tendon especially around the ankle joint or foot
2. Inadequate joint proprioception
3. Weak or less ligaments which join the bones of ankle
4. Uneven surface of land
5. Shoes with inadequate heel support or wearing high heel shoes

**Clinical presentation**

The most common clinical presentations are swelling, bruising and pain in the ankle joint. When sprain occurs there is wear and tear of ligaments of affected joint causing haematoma within tissues surrounding the joint, bruising, inflammation and restricted joint movements. The nerves in the affected part become more sensitive. That's why the patient feels throbbing pain which will worsen if there is pressure placed on the affected area. Warmth and redness can also be seen.

**Diagnosis**

Diagnosis relies on medical history taking, physical examination and clinical signs and symptoms. X-ray radiography can be done to rule out any fracture of ankle bones. If ankle pain continues or persists beyond the 6 to 8 weeks after injury, MRI of the joint should be done to rule out any ligament tear or to rule out any type of muscle injury.

**Grade of ankle sprain:**

Ankle sprain is classified into 1, 2 and 3 grades. It depends on the amount of damage or number of ligament which are included in injury.

Grade 1:

Mild damage to ligament without instability of affected joint.

Grade 2:

Partial tear to ligament- the stretch point of ligament becomes loose.

Grade 3:

Complete tear of ligament causing restricted joint movements.

**Management**

Initial treatment is rest, apply ice on affected part, compression and elevation of limb and Orthopedic walking boot is often used in the treatment of ankle sprain. Analgesics are prescribed to relieve pain. Advice physiotherapy or exercise such as ankle exercise, flexibility exercise, strengthening exercise, balance exercise, agility exercise. Steroidal injections or surgical involvement is required in the very severe cases of ankle sprain.

**Heal naturally with Homoeopathy:**

Homoeopathy is an alternate system of medicine and the second largest system of medicine worldwide. In homoeopathy patients treat with highly diluting substances with the aim of triggering the natural healing process of the body and it will give the body a chance to heal naturally. When we talk about homoeopathy for sports injury the homoeopathy used by some athletes and practitioners to manage pain reduce inflammation and promote faster recovery. Following remedies can be given for the treatment of ankle sprain.

### **1. Ruta graveolens:**

Ruta acts upon the periosteum and cartilages, tendons and joints. Lameness after sprain, sore tendons aching pain in tendo-achilles. Pain in bones of feet and ankle. great restlessness. Pain is aggravated by lying down, cold weather and wet weather.

### **2. Rhus toxicodendron:**

Rhus tox. Affects fibrous tissue markedly joints, tendons, sheath, Aponeurosis etc. Produces pain and stiffness. Ailments from strain, overlifting, getting wet while perspiring. Hot painful swelling of the joint. Pain tearing in tendons, ligaments and fascia. Soreness of condyles of bone. Limbs stiff and paralysed. Fresh cold air is not tolerable, paralysis, trembling after exertion. Pain is worse during sleep, cold, wet rainy weather, at night during rest. The pain is better by warm, dry weather, motion, walking, rubbing and warm applications.

### **3. Arnica Montana:**

It is especially suited to cases when any injury resulting from fall, blow, contusion, traumatic or mechanical injuries, overuse of joint and strain. Sore, lame, bruised feeling in the affected part. Great fear of being touched. Pain limbs as if bruised or beaten. Sprain and dislocated feeling, everything on which he lies seems too hard. The pain is aggravated by least touch, motion, and damp weather and relieved by lying down.

### **4. Ledum pal:**

Ledum is used for pain in joints especially smaller joints, cracking in joints, ankle swollen. Soles painful can hardly step on them. Easy spraining of the ankle. The pain is aggravated at night, from heat of bed and relieved by putting feet in cold water.

### **5. Bryonia Alba:**

Bryonia acts on all serous membranes, aching in every muscle. The general character of pain is stitching, tearing which is worse by motion and better by rest. Hot feeling of feet, joints are red, swollen, and hot with stitching and tearing type of pain. Every spot is painful on pressure. Bryonia Alba is preferred for right sided affections. Pain aggravated by warmth, any motion, hot weather, exertion, touch and better by lying on the painful side, pressure, rest, cold things.

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## HEAL LIKE A PRO: THE HOMOEOPATHIC SPORTS INJURY TOOLKIT



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### **ABSTRACT**

Sports injuries are a common occurrence among childhood and young age of those who are active in physical activities and sports. Sports injury often leads to pain, inflammation, and impaired performance. Homoeopathy, a system of medicine based on the principle of “like cures like”, offers a potential therapeutic approach for these injuries. Homoeopathy presents promising prospects for managing sports injuries due to its holistic approach catering to an individual constitution and susceptibility. There are a number of homoeopathic medicines which act in sports injury. Out of which 12 most commonly used medicines are discussed with their therapeutic indications. Along with the medicines auxiliary measures should be taken for quick results.

**KEYWORDS** – *Sports Injury, Homoeopathy, Constitution, Susceptibility, Holistic Approach, Individualization, Healing, Complications, Auxiliary Measures, Physical Therapy, Prevention, Physiotherapy*

### **INTRODUCTION**

A sports injury is any kind of damage that happens in our body during physical activity, exercise, or sports. It can affect the bones, muscles, tendons, ligaments, and other tissues. Sports injuries can range from minor bumps and bruises to serious tears and breaks. Homoeopathy has gained considerable attention over the years for its holistic approach to healing and managing various health conditions, including sports injuries. The key factor for this is the way homoeopathy works by matching the symptom picture of injury, including constitutional factors where relevant, such as susceptibility to injury, or long term weakness or tendency to slow healing. The right remedy acts powerfully and stimulates the healing process and as a result stiffness, pain and inflammation in an acute injury will typically reduce more quickly, returning you to full strength promptly and without any complications. Homoeopathy is also worth the long term effects of sports injury too. It resolves old injuries and underlying weaknesses, freeing you up to get back.

**TYPES** – Broadly sports injuries are divided into two types:

- Acute Sports Injury - An injury that occurs suddenly during physical activity, exercise, or sports is known as Acute Sports Injury
- Chronic Sports Injury - An injury which is caused by repeated overuse of muscle groups or joints. Chronic sports injury also occurs due to poor technique and structural abnormalities.

Apart from the broad classification there are many types of sports injuries. Some of the most commonly seen sports injury are:

- Abrasion
- Bruise

- Concussion

- Sprain
- Strain
- Tendinitis
- Cartilage Tear
- Dislocation
- Fracture

**HOMEOPATHIC SPORTS INJURY TOOLKIT**

There are different types of sports injury for which a number of medicines are there in homoeopathy which act on sports injury. Out of all those medicines 12 most commonly used medicines are discussed with their therapeutic indications as a homoeopathic sports injury kit.

| <b>Homoeopathic Sports Injury Tool Kit</b>                               |   |
|--|---|
| <ul style="list-style-type: none"> <li>● Arnica Montana</li> </ul>       | <ul style="list-style-type: none"> <li>● It is used in first line treatment for physical trauma.</li> <li>● It also act on the psychological effects of recent injuries</li> <li>● It is used in treatment of bruising, swelling and pain associated with most traumatic injuries.</li> </ul>   |
| <ul style="list-style-type: none"> <li>● Bryonia Alba</li> </ul>         | <ul style="list-style-type: none"> <li>● It is used in treatment of stress fractures, shoulder injuries, knee injuries or after knee surgery, as well as lower back pain.</li> <li>● Pain gets worse on doing anything that causes motion, including deep breathing, coughing or turning over in bed.</li> <li>● Pain gets better by firm, immobilizing pressure, bandaging, or lying on the painful part.</li> </ul> |
| <ul style="list-style-type: none"> <li>● Calcarea Fluorica</li> </ul>    | <ul style="list-style-type: none"> <li>● It is specifically used in injury caused due to muscle strain and overstretching of ligaments and tendons.</li> <li>● Injuries result in pain and swelling, especially hard nodular swelling.</li> <li>● It can be taken as a tonic to improve tone in muscles and ligaments.</li> </ul>   |
| <ul style="list-style-type: none"> <li>● Calcarea Phosphorica</li> </ul> | <ul style="list-style-type: none"> <li>● It is the first remedy to think about after a fracture, especially if you are prone to slow healing.</li> <li>● It boosts natural healing ability and promotes the formation of callus in fractures.</li> <li>● It can be taken for a period of time to rebuild strength in bones after a fracture.</li> </ul>   |

|   |  |
|---|--|
| <ul style="list-style-type: none"><li>● Ferrum Phosphoricum</li></ul> | <ul style="list-style-type: none"><li>● It is used in the treatment of injuries of the right shoulder, including rotator cuff injuries, and tendinitis affecting the shoulder.</li><li>● It is one of the best medicines for right sided frozen shoulders.</li><li>● There is pain when moving or lifting the arm, and the pain gets worse when lying in bed at night.</li></ul> |
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|  |  |
|--|--|
| <ul style="list-style-type: none"> <li>● Hecla Lava</li> </ul>           | <ul style="list-style-type: none"> <li>● It is used in the injuries of bones and connective tissues.</li> <li>● It is specifically used in cases of bone spur cause due to injury.</li> </ul>  |
| <ul style="list-style-type: none"> <li>● Hypericum Perforatum</li> </ul> | <ul style="list-style-type: none"> <li>● It is used in injuries of the parts which are rich in nerves.</li> <li>● It is mostly used in spinal injuries and injuries to the coccyx, fingers, toes and head injuries.</li> <li>● Injuries have a particular sharp, shooting and neuralgic character of pain.</li> </ul>  |
| <ul style="list-style-type: none"> <li>● Rhododendron</li> </ul>         | <ul style="list-style-type: none"> <li>● It is one of the most useful remedies for groin injury.</li> <li>● It is especially indicated in cases where the testes are swollen and painful, and the pain is tearing and paralyzing.</li> </ul>   |
| <ul style="list-style-type: none"> <li>● Rhus Toxicodendron</li> </ul>   | <ul style="list-style-type: none"> <li>● It is used for injuries caused by repetitive strain and overexertion.</li> <li>● It is helpful in all kinds of traumatic injuries, sprains and strains often accompanied by stiffness and burning.</li> <li>● Its main indications are where the condition is worse for rest and on beginning movement, and better after continued movement.</li> <li>● The complaint gets worse in cold and damp conditions, and better for warm bathing and warm applications.</li> </ul> |
| <ul style="list-style-type: none"> <li>● Ruta Graveolens</li> </ul>      | <ul style="list-style-type: none"> <li>● It has an affinity for tendons, ligaments and cartilage, and in injuries to these connective tissues.</li> <li>● It is used in injuries caused by excessively strenuous activity.</li> <li>● There may be lameness or weakness.</li> <li>● It is also useful in injuries to the periosteum.</li> </ul>  |
| <ul style="list-style-type: none"> <li>● Strontium Carbonicum</li> </ul> | <ul style="list-style-type: none"> <li>● It is used in treatment of ankle injuries.</li> <li>● It is used especially where there is continued swelling and pain long after the original injury, with feelings of weakness in the affected ankle.</li> </ul>  |
| <ul style="list-style-type: none"> <li>● Symphytum Officinale</li> </ul> | <ul style="list-style-type: none"> <li>● It is used to promote healing of fractures</li> <li>● It is used especially in cases where there is difficulty healing, or where there are torn muscles, tendons or ligaments.</li> <li>● It is used in case a blow to the eye area causes pain in eyeball.</li> </ul>  |

Note: In homoeopathy there are a number of remedies which are effective in treating sports injury. It is

important to know when it is appropriate to use homoeopathy as a standalone therapy and when it is best to use side by side with conventional methods. No medication should be taken without proper



consultation. Prescribing the right remedy takes practice and requires skill.

**AUXILIARY MEASURES**

Homeopathy should not only be the treatment considered following a sports injury. However, alongside physical therapy (physiotherapy) can improve outcomes significantly, and give better and faster results. Auxiliary measures include things like a diet plan, exercise, counseling, cleanliness, hygiene, and medical attention. Auxiliary measures are used to both prevent and advance health. Physiotherapy helps in rehabilitating the injured site and, depending on the injury, may include exercises to promote strength and flexibility of injured bone and muscles. Homoeopathic medicine along with physical therapy helps to get back in the game – or on the running track or dance floor much more quickly.

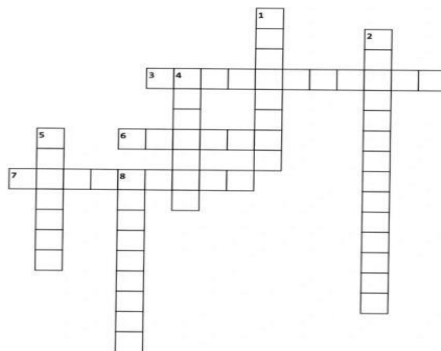
**CONCLUSION**

Sports injury is a kind of damage that happens in the body during physical activity, exercise, or sports which affect the bones, muscles, tendons, ligaments, and other tissues. Sports injuries are commonly caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand. Common injuries include bruises, sprains, strains, joint injuries. Homoeopathy can be a valuable approach in managing sports injuries either acute or chronic with careful consideration of constitution and susceptibility. Homeopathy, when combined with physical therapy, can significantly improve sports injury outcomes. A homoeopathic sports injury kit discusses 12 commonly used homoeopathic medicines and their therapeutic indications for treating sports injuries. Auxiliary measures like diet, exercise, counseling, cleanliness, hygiene, and medical attention can also be used to prevent and advance health. This combination can help return to the game quickly.

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**MENTAL ACTIVITY:-**



Across

- 3- Medicine for head injury
- 6- sore ,lame ,bruise injury
- 7- Bone set

Down

- 1- Medicine for point injury
- 2- Medicine for railway spine
- 4- Monkshood is the common name of which medicine
- 5- Dry as stone feeling
- 8- medicine for nerve injury

- Down
- 1- Ledum pal
  - 2- Belladonna
  - 3- Arnica
  - 4- Avontia
  - 5- Bryonia
  - 8- Hypericum
- Across
- 3- Natrum sulph
  - 6- Arnica
  - 7- Symplytum



## HOMOEOPATHIC APPROACH TOWARDS SPORTS INJURIES



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### **Abstract**

Sports injuries as indicated by the name are the injuries that are related to sports or are associated with training, practicing, or playing. Sports injuries are common and can occur throughout your body to bones, muscles, tendons, ligaments and other structures. Homoeopathy is considered as one of the very best Sports medicine for treating Sports injuries like Sprains, strains, Muscle weakness etc. This article provides you the overview causes, symptoms, diagnosis and the homoeopathic management.

**Keywords:** - *Sport Injuries, Homoeopathic management*

### **Introduction**

Sports injuries are injuries that occur when engaging in sports or exercise. Sports injuries can occur due to overtraining, lack of conditioning, and improper form or technique. Failing to warm-up increases the risk of sports injuries. A sports injury involves damage to part of your body due to sports, exercise or athletic activities. A sports injury can be acute (sudden) or chronic (develop over time). Bruises, strains, sprains, tears, and broken bones can result from sports injuries. Soft tissues like muscles, ligaments, tendons, fascia, and bursae may be affected. Traumatic brain injury is another potential type of sports injury. Injuries may range from mild to severe.

**Cause:** - Sports injuries have many causes, including:

1. Accidents, such as a fall.
2. Bad habits with exercise, such as not warming up or stretching enough.
3. Lack of safety equipment, or gear that's damaged or worn incorrectly.
4. Shoes that don't fit well or provide enough support.
5. Sudden start to an exercise program or significant increase in physical activity that your body isn't used to.
6. Lack of proper methods of training or extremely poor training methods are the most common causes of sports injuries.

### **Most Common Sport Injuries:-**

1. Broken bone
2. Cartilage tear

### 3. Concussion

4. Dislocation
5. Tendinitis
6. Sprains
7. Strains

**Types:** - Injuries can be classified into 3 groups

1. Acute Extrinsic Injuries
2. Acute Intrinsic Injuries
3. Chronic Injuries

### **Clinical Features**

- Aches, pain or tenderness.
- Ankle sprain – symptoms include pain, swelling and stiffness
- Bruising. Deformity, such as a bone or joint looking out of place.
- Cuts and abrasions – are usually caused by falls. The knees and hands are particularly prone
- Decreased range of motion.
- Grinding, cracking, clicking or popping noise.
- Inability to bear weight on your hip, leg or foot.
- Skin that's warm to the touch. Stiffness or weakness.
- Swelling.
- Knee joint injuries – symptoms include pain, swelling and stiffness. The ligaments, tendons or cartilage can be affected.
- Stress fractures – particularly in the lower limbs. The impact of repeated jumping or running on hard surfaces can eventually stress and crack bone.
- Trouble moving a body part normally (for example, you can't move it as far or it locks up when you try to move).

### **Diagnosis**

- To diagnose a sports injury, physical exams are performed by the healthcare providers.
- They'll ask questions about what happened and what symptoms you've had.
- They'll also look at the injured area, possibly testing how it moves.
- Depending on the type of injury you have and how severe it is, your healthcare provider also may recommend imaging tests.
- An X-ray, CT scan or MRI can create pictures of the structures inside your body.
- The images will help your healthcare provider understand, diagnose and treat your specific injury

### **General Management**

- **RICE METHOD**
  1. **Rest:** Don't use the injured area for a few days. If you injured your lower body, consider using crutches so you don't put your weight on the injured area.
  2. **Ice:** Put ice or cold packs on the injured area to reduce pain and swelling (for example, 15 to 20 minutes every four hours).
  3. **Compression:** Wrap the injured area in an elastic bandage to provide support and reduce

swelling. Make sure it's snug, but not so tight that it hurts or cuts off blood circulation.

4. **Elevation:** Prop up your injured body part, if possible above the level of your heart, to rest it and reduce swelling. Use a pillow or something similar to keep the injury above your heart.

### **Homoeopathic Approach**

Homoeopathy with its holistic approach proves to be one of the most valuable systems of medicine while dealing with the cases of Sports Injuries. Homeopathic treatment being constitutional in nature treats the injuries at a deeper level, to achieve the Control of the injury process and symptomatic relief.

Homeopathy has shown its efficacy in reducing the frequency of relapses and improving the power and tone of muscles. The totality includes subjective and objective understanding about the injurious state where the underlying cause and the individual's susceptibility are being addresses.

The indicated homoeopathic medicines are:-

1. **Arnica Montana:** - The first line treatment for physical trauma, Arnica will also address the psychological effects of recent injuries. Arnica corresponds to bruising, swelling and pain associated with most traumatic injuries, and is the first remedy to think of in this situation.
2. **Bryonia Alba:** - The key symptom leading to Bryonia is aggravation from even the slightest motion, especially motion of the affected limb or other part. This may be a typical situation in stress fractures, shoulder injuries, knee injuries or after knee surgery, as well as lower back pain. Pain will be worse on doing anything that causes motion, including deep breathing, coughing or turning over in bed. The pain will be helped by firm, immobilising pressure, bandaging, or lying on the painful part (which also prevents movement).
3. **Calcarea Fluor:** - This remedy is specific for sports injury due to muscle strain and overstretching of ligaments and tendons. This can result in pain and swelling, especially hard nodular swelling. Calc fluor is also one of Schuessler's twelve tissue salts, and can be taken as a tonic to improve tone in muscles and ligaments.
4. **Hypericum:**- It is known as the 'Arnica of the Nerves' and is used in injuries to parts rich in nerves, most commonly spinal injuries and injuries to the coccyx, but also fingers, toes and head injuries, particularly where the pain is sharp, shooting and neuralgic in character.
5. **Rhus Tox:** - Ailments from strains, over lifting. Hot, painful swelling of joints. Pains tearing in tendons, ligaments, and fascia. Better motion. Soreness of condyles of bones. The cold fresh air is not tolerated; it makes the skin painful. Numbness and formication, after overwork and exposure. Tenderness about knee-joint
6. **Ruta:** - Complaints from straining flexor tendons especially. Tendency to the formation of deposits in the periosteum, tendons, and about joints, especially wrist. Overstrain of ocular muscles. Sprains. Lameness after sprains. Injured "bruised" bones. Fractures & Dislocations. Hamstrings feel shortened. Tendons sore. Aching pain in tendo-achilles. Tennis Elbow.
7. **Symphytum:** - It is considered to be orthopaedic specific medicine. It is of great use in wounds penetrating to perineum and bones, and in non-union of fractures; it facilitates union of fractured bone by favouring production of Callus. Pain in eye after a blow of an obtuse body. For traumatic injuries of the eyes no remedy equals this.

**Conclusion:-**

Homeopathic treatment of Sports Injuries Homoeopathy treats the person as a whole. It means that homoeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homoeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions

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### **MENTAL WORKOUT ACTIVITY**



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**CURRICULAR ACTIVITIES**



Competitive Exam Cell orientation of 3<sup>rd</sup> & 4<sup>th</sup> BHMS students(19.06.2024)



Inauguration of Lift service (21.06.2024)



National level Research Proposal Conclave (30. 06. 2024)



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Book Talk session by Dr. Kirti Baria (01.05.2024)



Book Talk session by Dr. Vibhuti Pathak (01.06.2024)

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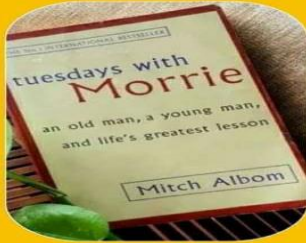
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Orientation Program By CEP Cell (25.04.2024)

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Long Service Award Felicitation (16.04.2024)

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Long Service award conferred to Dr. Arpita Prosanta Chatterjee Assoc. Prof. Dept. of Pathology and Microbiology

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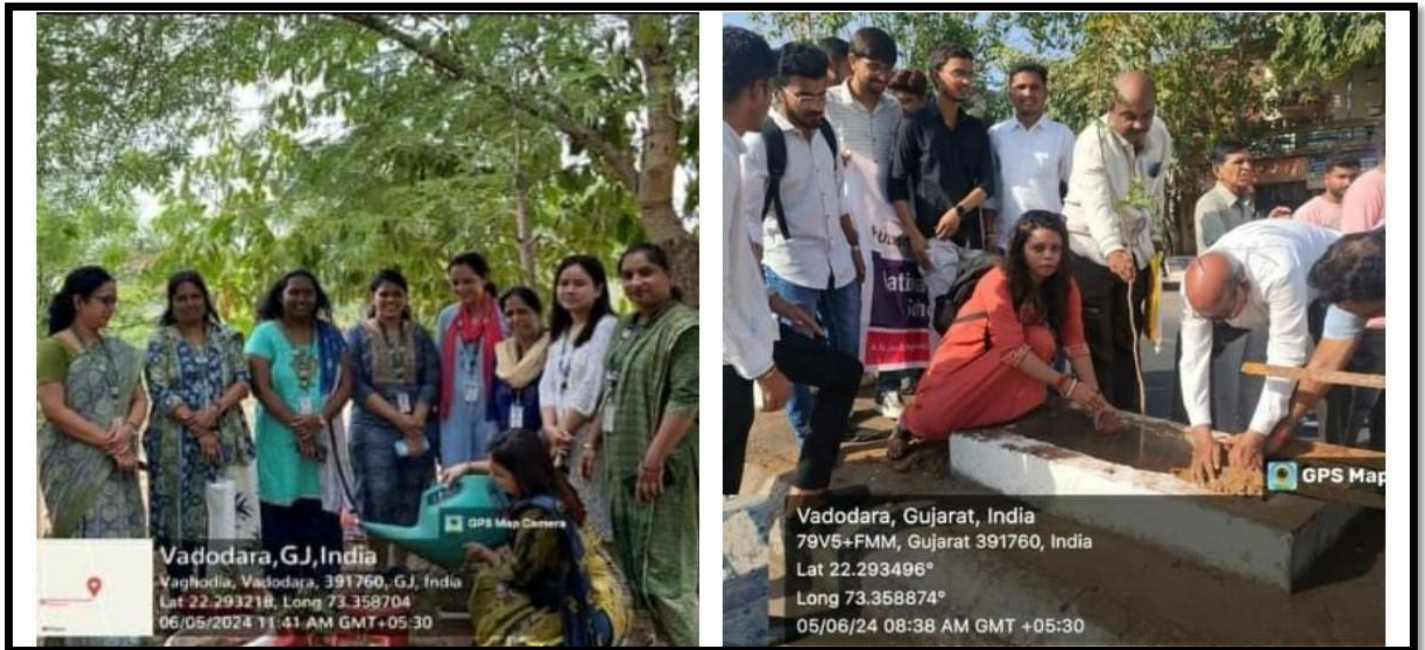
Global Climate Action  
United Nations Climate Change

Grantham Institute  
Climate Change and the Environment  
An Institute of Imperial College London

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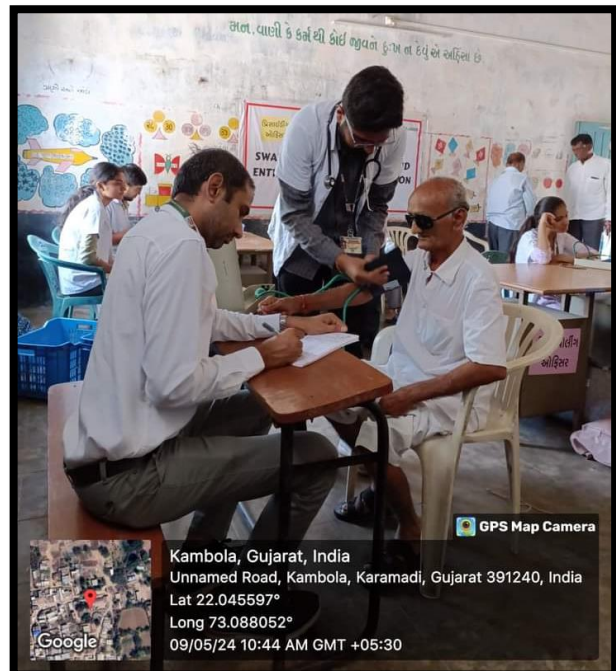
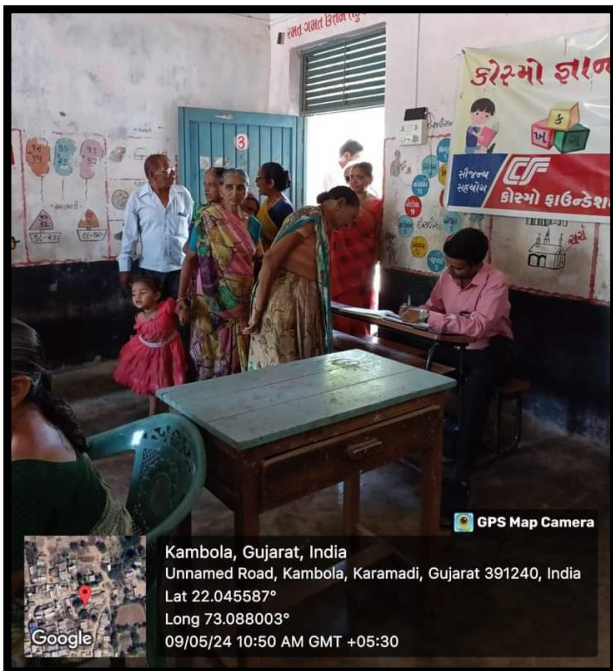
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